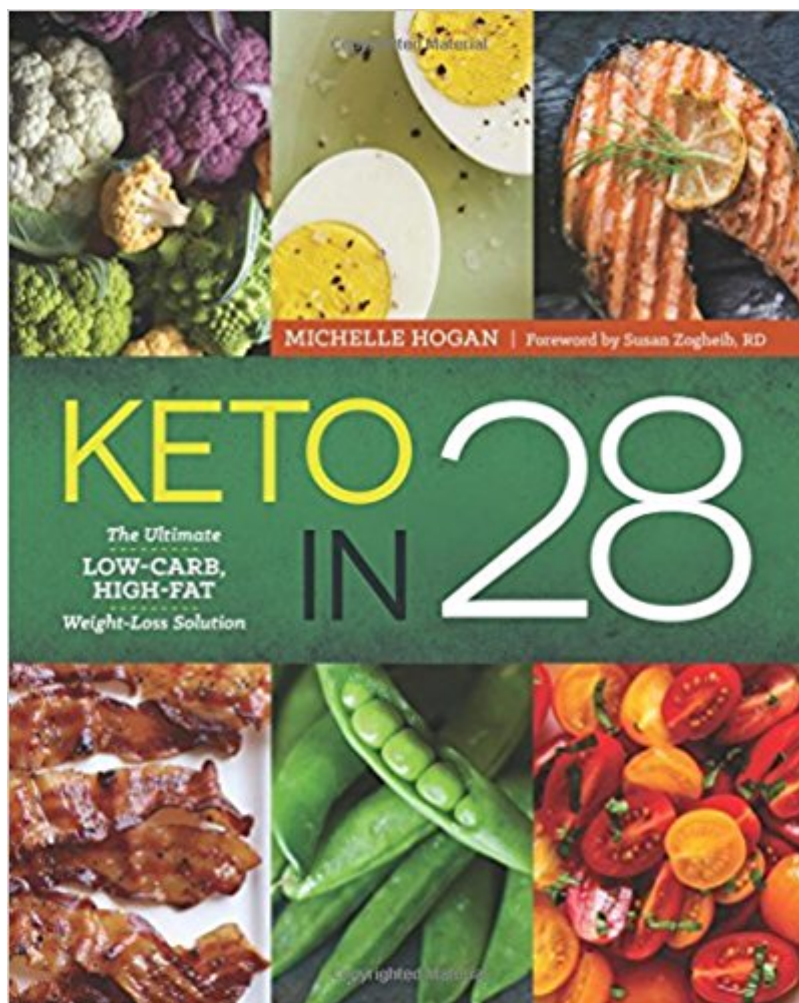


The book was found

Keto In 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution



Synopsis

28 Days. 125 Recipes. Your practical plan to go keto and stay keto. Michelle is with you every step of the way. The recipes included are delicious, nutritious, and very filling. Michelle also shares her very own successful story with keto. After many failed attempts of struggling with her fluctuating weight | she found balance following the ketogenic diet and incorporating physical activity and has lost more than 100 pounds. ~ Susan Zogheib, MHS, RD, LDN, excerpted from the Foreword Tired of feeling tired? Frustrated with fads? Michelle Hogan knows how you feel. Following her weight-loss success with the ketogenic diet, she shares her knowledge in Keto in 28. This comprehensive ketogenic cookbook shows you how to make small changes with big results over the course of 28 days. Commit to a ketogenic diet, with: A practical 28-day ketogenic diet meal plan that cuts carbs, and encourages creative ways to indulge in flavorful foods In-depth nutrition information profiling keto-friendly foods 125 delicious & satisfying keto recipes, including Brown Butter-Lime Tilapia, Coconut Chicken, and Bacon Chutney Keto in 28 will motivate you to stick to your ketogenic diet for lifelong results.

Book Information

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Customer Reviews

Dieting can be very frustrating! Especially when your on a budget & cannot afford to go out & buy all those special foods. Or having to eat foods you don't like just to try to lose weight. Its also very frustrating trying to count points, carbs, calories etc. With Keto in 28 I found that all the recipes contain stuff I either buy or already have in my cupboards. For me when looking into a new diet I get

so overwhelmed with recipes that call for all different kinds of ingredients. Especially ingredients we NEVER heard of before. I didn't get overwhelmed at all with Keto in 28!! love how clearly Michelle Hogan speaks in this book! As I began reading I felt as if she was speaking to me not around me! I love the introduction in which she briefly explains how she ended up doing the Keto Diet. Which I love that she was open that definitely makes it more personal for me. She even walks you through understanding ratios which is always important not just for dieting either. She provides a distinctive list of foods we can eat & foods in which we should avoid. My favorite part of this book, is when Michelle gives a very detailed list of pantry essentials to have on hand which you can find on page 32. This may be overwhelming to some. But for me, I found it extremely helpful. When dieting most times we just start & then we find ourselves going to the store & spending a ton of money we don't have. With this pantry list I went into my cupboard & wrote down what I did have then made a list of what I needed. I took the list with me shopping so I could look at prices at each store & I was able to get majority of them & I found a lot of them on sale! This is why I loved that part because I could have everything I needed before starting.

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